



FITSTOP FORUM

June
2021

215 W. Manlius St. East Syracuse NY 13057 Phone: 315-214-5466 or 315-415-4043 E-mail: kathysfitstop@aol.com



Hi Everyone! Some good news for those of you who don't already know; if you have been fully vaccinated, you no longer are required to wear a mask in the gym when you work out. All our members who are currently coming to the club are fully vaccinated. So, unless you choose to wear one, everyone here is mask free. It's so great to see all your wonderful faces gain! Our showers are also now available for any member who wishes to use them. I would like everyone to still only use the water fountain to refill your water bottles, and please continue the practice of wiping down each piece of equipment when you are finished with it with our antibacterial wipes. Life is starting feel a little more normal again and it feels good!

June Birthdays:

- 06/03 Deb W.
- 06/08 Sandy Mc.
- 06/08 Gina M.
- 06/10 Pud B.
- 06/14 Anita B.
- 06/15 Joey C.
- 06/16 Taylor M.
- 06/17 Julia C.
- 06/20 Bobby M.

REFER-A-FRIEND

Any current member who refers a friend who signs up for a 12-month Basic or Select membership will receive a \$50 Visa gift card for the referral! Invite your friends!

Welcome New Members: We would like to extend a BIG WELCOME to our newest members Beth D., Maureen W. and Jeff R. We are very happy to have you here!

Membership/Personal Training and Class Updates: Some changes to our class schedule are as follows: I have decided to, at least for now, cancel all the 4:30 Zoom classes. So we currently will not have any 4:30 classes at least throughout the summer. I will decide by the fall

whether or not to put back in any in person classes in those time slots. I have also added another 11:30-12:05 Cardio class on Thursdays. This class is similar to the Monday Cardio Class in that we will use a variety of different Cardio styles including Zumba, Cardio Add-ons, HIIT, Tabata and more. At some point, I will also consider adding back in a Friday 11:30-12:05 class, which would probably be more of a Body Fusion class for strength and flexibility. Again, that will be determined at a later date. I also made a few changes with our memberships and our personal training options. There will no longer be a "Classes Only" membership unless you purchase classes for our Seniors' classes. Also, to receive the Family discount on our 12 month Select or 12 month Basic membership, the potential family member must be currently living in the same household as the current member. Lastly, the price for personal training and partner training will be the same for **each person** as a one on one session. The 3 person training and small group training sessions will remain the same. Feel free to check out all this information and our current class schedule on the Rates/Classes page on our website at Kathysfitstop.com.

Combat Inflammation!: There is strong evidence that chronic inflammatory pathways contribute decisively to the development of a number of chronic diseases. The common triggers of acute inflammation are infection and tissue injury, according to a recent IDEA Fitness Journal article. The article states that

obesity leads to alterations in the composition and number of immune cells. Therefore, the outcome is a low-grade inflammation that is associated with insulin resistant and type 2 diabetes which increases fat that surrounds vital organs. In addition, chronic stress may promote the development of obesity-induced diabetes through activation of inflammatory, autonomic, hormonal and immunological systems. Because of this, people with diabetes are over three times more likely to develop depression than those without diabetes. The good news is that muscle contractions from exercise increase the release of a specific type of inflammatory proteins that help counteract insulin resistance and type- 2 Diabetes. It notes that moderate- intensity--relative to a person's fitness level is more effective in managing chronic low grade inflammation as compared with low-intensity aerobic exercise. Strenuous exercise leads to greater oxidative stress and thus enhances the inflammatory response of the body. And finally, the article confirms that a higher volume of resistance training, meaning, more exercises with greater frequency and duration, appears to play a positive role in combating inflammation. So let's be sure to keep moving and pumping!

Something to Think About: "Be of good cheer. Do not think of today's failures, but of the success that may come tomorrow. You have set yourselves a difficult task, but you will succeed if you persevere; and you will find joy in overcoming obstacles. Remember, no effort that we make to attain something beautiful is ever lost."

_____Helen Keller

ANY NEWSLETTER IDEAS? Let me know if you have an idea to share with our members or if you would like to promote something that our members may be interested in. **ANY WEBSITE UPDATES?** If you would like to add or update your own personal FitStop fitness testimonial at Kathysfitstop.com, please email your story to me at kathysfitstop@aol.com.